



April 2013 - Senior Services of Northern Kentucky - Chilled Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 "Home Run" Burger - 9071 w/"Sluggger" Swiss Cheese "Ball Park" Baked Beans "Bases Loaded" Broccoli "Beautiful Bunt" Bun "Pennant" Pineapple Tidbits "MLB" Mustard / Ketchup "World Series" White Cheddar Popcorn	2 Chicken Carmela - 9041 in Savory Tomato Sauce Spaghetti Italian Vegetables Dinner Roll / Margarine Applesauce	3 Bar-B-Q Sauce with Shredded Beef - 9051 Peas and Onions Cole Slaw Bun Peach Dessert	4 Chicken & Rice w/ Gravy - 9023 Broccoli Carrots Wheat Whole Wheat Bread / Marg. Pears	5 Beef Vegetable Stew - 9001 w/Carrots, Red Skin Potatoes, Peas Green Beans Wheat Dinner Roll / Margarine Pineapple Dessert
REDS Opening Day	RECONCILIATION DAY			National Walk to Work Day
8 Meatloaf w/ Gravy - 9072 Mashed Potatoes Carrots Whole Grain White Bread (2 pc) Margarine Mixed Fruit	9 Rosemary Chicken - 9039 Red Skin Potatoes Vegetable Medley Whole Wheat Bread (2 pc) Margarine Pears	10 Pineapple Ham Steak - 9094 Sweet Potato Patties (2) Peas Cornbread / Margarine Cranberry Juice Sponge Cake	11 Beef Taco Salad - 9313 Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Tortilla Chips Peach "Cobbler" Mild Taco Sauce	12 Chicken & Potato Casserole - 9315 Broccoli Whole Wheat Bread / Margarine Apple Juice Animal Cookies
Holocaust Remembrance Day		Golfer's Day	Eight Track Tape Day	
15 Classic Philly Sliced Beef w/ Peppers & Onions - 9102 Potato Wedges Mixed Vegetables Bun Fruit Cocktail Mustard	16 Broccoli Cheddar Chicken - 9031 over Rice Corn Carrots Whole Wheat Bread / Margarine Pineapple Tidbits	17 Spaghetti & Meatballs - 9035 w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Margarine Peaches	18 Beef & Noodles - 9008 w/ Gravy Green Beans Corn Whole Wheat Bread / Margarine Fresh Orange	19 Roast Turkey w/ Gravy - 9005 Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Grape Juice (100%) Happy B'day Cake
PATRIOT'S DAY Boston Marathon			International Juggler's Day	HAPPY BIRTHDAY!
22 Smoked Turkey Sausage w/ Sauerkraut- 9055 Mashed Potatoes Green Beans Rye Bread (2 slices) / Margarine Fruit Cocktail	23 Hamburger - 9071 w/ Swiss Cheese Baked Beans Broccoli Bun Pineapple Tidbits Mustard / Ketchup	24 Italian Chicken - 9042 w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Cranberry Juice Angel Food Cake	25 Salisbury Steak w/Gravy - 9029 Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches Animal Cookies	26 Grilled Chicken w/ BBQ Sauce - 9049 Potato Wedges Broccoli w/ Cheese Bun Applesauce
		Administrative Professionals Day	Take your Daughter to Work Day	Arbor Day
29 Country Fried Steak - 9063 Potato Wedges Green Beans Whole Wheat Bread / Margarine Applesauce Chocolate Cake	30 Baked Chicken w/ Gravy - 9075 Herb Dressing Broccoli Cauliflower Whole Wheat Bread / Margarine Strawberry Applesauce	 Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	April is: National Humor Month Keep America Beautiful Month Lawn and Garden Month National Poetry Month National Welding Month	When "The Masters" was created, the other golf tournaments that existed (the U.S. Open and the PGA) had never played in the southern United States. In 1934, Bobby Jones, famous southern golfer and designer of the course at Augusta National Golf Club, decided to start a golf tournament in Georgia. The Masters is held the first week of April every year in Augusta, Georgia
	National Honesty Day			